

2020 USA SWIMMING SPEEDO SECTIONAL CHAMPIONSHIPS

Central Zone Section 1 Spring Championships
Hosted by Madison Aquatic Club
Peasant Prairie, WI
March 12-15, 2020

Time Standards

Women				EVENT	Men			
LCM	SCY	BONUS LCM	BONUS SCY		BONUS SCY	BONUS LC	SCY	LCM
28.59	24.89	29.59	25.89	50 Freestyle	23.29	26.99	22.29	25.99
1:02.19	53.99	1:04.19	55.99	100 Freestyle	51.49	58.59	49.49	56.59
2:14.99	1:56.69	2:18.99	2:00.69	200 Freestyle	1:52.69	2:07.99	1:48.69	2:03.99
4:44.89	5:16.39	4:52.89	5:26.39	400/500 Freestyle	5:06.39	4:32.79	4:56.39	4:24.79
9:49.39	10:54.49			800/1000 Freestyle			10:14.09	9:12.09
18:50.69	18:26.99			1500/1650 Freestyle			17:12.19	17:41.79
1:10.69	1:00.49	1:12.69	1:02.49	100 Backstroke	58.29	1:07.09	56.29	1:05.09
2:33.69	2:10.49	2:37.69	2:14.49	200 Backstroke	2:05.69	2:24.39	2:01.69	2:20.39
1:21.19	1:08.29	1:23.19	1:10.29	100 Breaststroke	1:05.09	1:14.39	1:03.09	1:12.39
2:54.59	2:30.09	2:58.59	2:34.09	200 Breaststroke	2:21.59	2:42.79	2:17.59	2:38.79
1:08.89	59.39	1:10.89	1:01.39	100 Butterfly	57.09	1:03.99	55.09	1:01.99
2:32.89	2:15.09	2:36.89	2:19.09	200 Butterfly	2:05.79	2:22.49	2:01.79	2:18.49
2:34.29	2:12.19	2:38.29	2:16.19	200 Individual Medley	2:07.29	2:25.69	2:03.29	2:21.69
5:26.99	4:48.49	5:34.99	4:56.49	400 Individual Medley	4:30.99	5:08.99	4:22.99	5:00.99
4:21.89	3:47.79			400 Freestyle Relay			3:24.39	3:55.29
9:25.99	8:15.39			800 Freestyle Relay			7:31.29	8:36.79
4:52.99	4:10.69			400 Medley Relay			3:49.09	4:23.89

The 2020 Spring Speedo Championship Meet will be conducted in Long Course format. The Spring meet will be open to teams and athletes from outside Section 1 according to stipulations and restrictions found in the meet information and posted at <http://www.swimfsc.org/>. Please note the following: 1) The Spring meets will allow up to 200 (appx) non-resident swimmers system (contact the meet host for more details); 2) a D Final restricted to swimmers age 18&under will be conducted in all heats/finals events.

BONUS EVENTS - Swimmers entering and competing in at least 1 individual event are permitted to swim 2 Bonus Events at the meet. Swimmers entering 3 or more individual events are not permitted to swim a Bonus Event. The 800 and 1500 freestyle are not offered as Bonus Events. Once an event is marked "bonus", it cannot be changed to a qualified event.

Please contact Michael Lawrence, pegasus523@gmail.com or (847) 220 3940 with questions.

2020 USA SWIMMING SPEEDO SECTIONALS

Central Zone Section 1 Summer Championships
Hosted by University of Minnesota
Minneapolis, MN
July 15-18, 2020

Time Standards

Women			EVENT	Men		
LCM	SCY	BONUS LC		BONUS LC	SCY	LCM
27.49	24.19	28.49	50 Freestyle	25.99	21.59	24.99
59.99	52.29	1:01.99	100 Freestyle	56.79	46.29	54.79
2:09.19	1:52.99	2:13.19	200 Freestyle	2:04.09	1:42.89	2:00.09
4:36.29	5:04.79	4:44.29	400/500 Freestyle	4:25.99	4:42.49	4:17.99
9:39.09	10:38.39		800/1000 Freestyle		10:03.39	9:11.29
18:37.69	17:40.69		1500/1650 Freestyle		16:53.59	17:23.09
1:07.19	57.49	1:09.19	100 Backstroke	1:05.09	52.69	1:03.09
2:26.99	2:05.59	2:30.99	200 Backstroke	2:22.79	1:57.69	2:18.79
1:17.49	1:05.19	1:19.49	100 Breaststroke	1:13.79	1:00.19	1:11.79
2:48.79	2:23.79	2:52.79	200 Breaststroke	2:42.59	2:15.19	2:38.59
1:05.79	57.09	1:07.79	100 Butterfly	1:01.69	51.69	59.69
2:30.69	2:10.19	2:34.69	200 Butterfly	2:21.89	1:59.19	2:17.89
2:28.19	2:07.39	2:32.19	200 Individual Medley	2:21.19	1:55.49	2:17.19
5:19.09	4:35.39	5:27.09	400 Individual Medley	5:05.59	4:15.09	4:57.59
4:14.09			400 Freestyle Relay			3:51.99
9:14.09			800 Freestyle Relay			8:29.69
4:44.99			400 Medley Relay			4:21.49

The 2020 Summer Speedo Championship Meet will be conducted in Long Course format. The Spring meet will be open to teams and athletes from outside Section 1 according to stipulations and restrictions found in the meet information and posted at <http://www.swimfsc.org/>. Please note the following: 1) Non-resident swimmers (from LSCs outside Section 1) who meet the minimum qualifying time standards (attached) are permitted entry into the meet without further qualification; 2) a D Final restricted to swimmers age 18&under will be conducted according to limitations noted in the meet information.

BONUS EVENTS - Swimmers entering and competing in at least 1 individual event are permitted to swim 2 Bonus Events at the meet; enter and compete in 2 events, swim 1 Bonus Events. Swimmers entering 3 or more individual events are not permitted to swim a Bonus Event. The 800 and 1500 freestyle are not offered as Bonus Events. Once an event is marked "bonus", it cannot be changed to a qualified event.

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2020 USA SWIMMING SPEEDO SECTIONALS

Central Zone Section 1 Summer Championships
Hosted by University of Minnesota
Minneapolis, MN
July 15-18, 2020

To be completed post USAS.

Time Standards for Non-Resident (Section 1) Swimmers

Women			EVENT	Men		
LCM	SCY	BONUS LC		BONUS LC	SCY	LCM
27.39	24.09	28.49	50 Freestyle	25.99	21.39	24.89
59.39	52.09	1:01.99	100 Freestyle	56.79	46.49	53.79
2:07.79	1:52.59	2:13.19	200 Freestyle	2:04.09	1:41.79	1:58.09
4:28.79	5:03.49	4:44.29	400/500 Freestyle	4:25.99	4:37.09	4:09.99
9:13.79	10:20.49		800/1000 Freestyle		9:34.29	8:40.69
17:40.19	17:14.39		1500/1650 Freestyle		16:05.49	16:38.99
1:06.89	58.09	1:09.19	100 Backstroke	1:05.09	52.09	1:00.79
2:23.99	2:04.99	2:30.99	200 Backstroke	2:22.79	1:52.79	2:11.89
1:15.99	1:05.99	1:19.49	100 Breaststroke	1:13.79	58.69	1:08.69
2:43.39	2:22.69	2:52.79	200 Breaststroke	2:42.59	2:08.59	2:29.09
1:04.69	57.49	1:07.79	100 Butterfly	1:01.69	51.09	58.39
2:21.89	2:05.39	2:34.69	200 Butterfly	2:21.89	1:53.69	2:10.19
2:26.39	2:08.29	2:32.19	200 Individual Medley	2:21.19	1:55.09	2:12.79
5:07.29	4:30.69	5:27.09	400 Individual Medley	5:05.59	4:07.59	4:42.39
4:04.29			400 Freestyle Relay			3:40.89
8:40.89			800 Freestyle Relay			8:00.49
4:33.79			400 Medley Relay			4:05.89

The 2019 Summer Speedo Championship Meet will be conducted in Long Course format. The Spring meet will be open to teams and athletes from outside Section 1 according to stipulations and restrictions found in the meet information and posted at <http://www.swimfsc.org/>. Please note the following: 1) Non-resident swimmers (from LSCs outside Section 1) who meet the minimum qualifying time standards (attached) are permitted entry into the meet without further qualification; 2) a D Final restricted to swimmers age 18&under will be conducted according to limitations noted in the meet information.

BONUS EVENTS - Swimmers entering and competing in at least 1 individual event are permitted to swim 2 Bonus Events at the meet; enter and compete in 2 events, swim 1 Bonus Events. Swimmers entering 3 or more individual events are not permitted to swim a Bonus Event. The 800 and 1500 freestyle are not offered as Bonus Events. Once an event is marked "bonus", it cannot be changed to a qualified event.

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